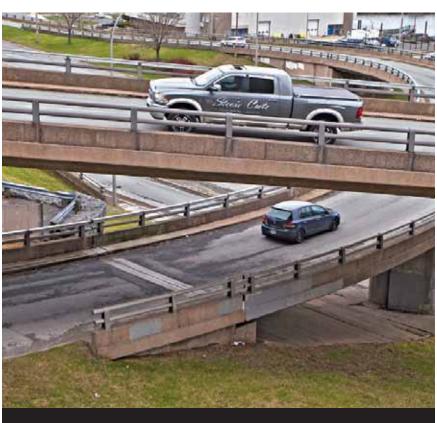
year warns of road ahead



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COGSWELL THAT ENDS WELL

Vehicles drive along the Cogswell Interchange on Sunday as new design plans have been unveiled for a section of the interchange in downtown Halifax to be torn down, making way for the area to be redeveloped. A meeting on the new plans is slated for Monday at city hall. Story, page 3 JEFF HARPER/METRO

Switching the conversation

Nova Centre. Councillors say scrapping plan gets us nowhere

During a public hearing on proposed changes to the look of the Nova Centre this week, two HRM councillors are hoping to move the conversation away from scrapping the centre completely to focusing on making the best design possible.

Council will hold the

hearing at 6 p.m. Tuesday on whether or not to amend the downtown Municipal Planning Strategy and Land Use By-law to permit an extension of the building over Grafton Street, an enlargement of the proposed towers, and closure of Grafton Street between Prince and Sackville streets.

"There are a lot of things to consider and council does have the ability to listen to the public and listen to its own heart ... and decide whether or not to go

PAGE 19



"It's not like this is our property. it's not like we can just

go and decide to make it into a park." Coun. Waye Mason

ahead with any or all of those changes," said Waye Mason, councillor for downtown Hali-

Some residents continue to speak out against the project, but Mason said the Nova Centre was given the green light in 2012 and an earlier 2009 design was approved, so there's no going back. He said Rank Inc. could build the ballroom in the basement and put in an 18-storey building along Argyle Street according to the original plan, but many new changes came out of public consultation.

Mason said it doesn't make sense to have the proposed

changes struck down because some people don't want the centre at all, which means the old version would get built any-

"That doesn't really get anybody anywhere," Mason said. "We should focus on making that the best possible outcome that fits into downtown."

Coun. Tim Outhit said although convention centres aren't his first choice for economic development, the office tower and hotel planned for the centre will be a big draw and the downtown location is a "huge shot in the arm" for the

Outhit said unlike a stadium, which only recirculates existing money from locals, the convention centre will draw people from outside Nova Scotia to stay in Halifax.

"People think, 'Well if I don't use it, is it (worth it)?"" Outhit said. "It's not designed necessarily for local use. It's designed to get people to come here and spend money."

HALEY RYAN/METRO



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Sydney

Two young men seriously injured in ATV crash

Cape Breton Regional Police say two men have been seriously injured in an allterrain vehicle crash.

Police say the ATV crashed after hitting a curb at an intersection in Sydney around 8 p.m. Saturday.

The two men riding the vehicle, ages 26 and 24, were seriously injured.

They were taken to a hospital in Sydney and one man was later taken to a Halifax hospital.

Police say the cause of the crash is under investigation. YARMOUTH VANGUARD

Yarmouth

Man with loaded rifle arrested near grocery store

A 49-year-old Yarmouth man was arrested and taken into custody over the weekend after being seen in the vicinity of an Atlantic Superstore carrying a loaded firearm.

The firearm was a .22 rifle, according to the

At around noon Saturday several RCMP members were dispatched to the vicinity of the Superstore on Starrs Road in Yarmouth after a report a man was near the back of the store with a firearm.

Police say the man was located in a field behind the Superstore, and the arrest was made near Charles Crosby Drive.

RCMP members reportedly had their weapons drawn as they approached the suspect to take him into custody. YARMOUTH VANGUARD

Cogswell plan 'where we want to go': Coun.

Reconstruction.

Executive council to debate redesign of downtown Halifax interchange



HALEY RYAN

Halifax's regional councillors have gotten their first look at the proposed redesign of the Cogswell Interchange, and Waye Mason says it looks like "the way to do it right."

On Monday morning, the executive committee will decide whether to approve the Cogswell Lands Plan for the demolition and reconstruction of the area, the proposed road network, and direct staff to begin land acquisition negotiations and any by-law amendments necessary.

"It's fantastic, it's exciting," Mason, the councillor for downtown Halifax, said about the design, but added there are lots of details to be worked out and this is more of a visionary plan than a concrete one.

The recommended option for the 16-acre district includes realigning Barrington Street to act as the main entry into downtown by going along Upper Water Street, freeing up the "old" Barrington corridor for an urban greenway and providing a large open space to extend Granville Mall into a larger square.

Bike lanes, street parking, wide sidewalks, a transit



Halifax's regional councillors have gotten their first look at the proposed redesign of the Cogswell Inter and Waye Mason says it looks like "the way to do it right." CONTRIBUTED

block and five "Halifax-scale" development mixed-use blocks are also suggested.

"This is the idea of where we want to go, but it's such a complex project that there will be 19 months of technical work and consultation to get us to final implementable plan," Mason said.

The plan expects about 2,500 people would move into the housing blocks and apartments in the area, which Mason said could bump up the future population of downtown Halifax to about 4,000 people within the next 10 years alongside

"It's a huge change, and it's something we wanted. It's something we've been aiming for."

Coun. Waye Mason

developments like the Roy Building.

About \$750,000 has been set aside for about 19 months of detailed design work in HRM's 2014-15 budget, so if the plan is approved Mason said the real work could begin very soon.

The report estimated five years before the work is complete but Mason said that might be a "worst-case scenario" and hopes to see a three-year timeline.

Although the work could create traffic issues downtown, Mason said he refuses to believe the city will be sunk by trying to be successful, and traffic lines are the price of prosperity.

"It's worth it to get rid of that monstrosity, absolutely," Mason said. "If I could go out there with some bulldozers right now, I would."

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Painful road ahead for homeless man's family

Harley Lawrence.

Police announce charges against two men in case

A pastor in a Nova Scotia community where a homeless man's body was found in a burned out bus shelter last year says there is some relief in murder charges being laid in the case, but cautions that a painful road lies ahead for the family of Harley Lawrence.

John Andrew, who is a family friend and knew through the Lawrence homeless shelter he runs in Kentville, said the healing won't truly begin until the case has gone through the

He said hearing the details of what led to the 62-year-old man's death on Oct. 23 in Berwick will be difficult for the family and for the rural community of



"It shows the RCMP did their homework and had enough evidence."

Ron Lawrence, brother of Harley Lawrence

about 2,500 people in the province's Annapolis Valley.

"At first, there was a bit of relief," said Andrew in a phone interview on Saturday. "But now we're going to have to hear details that maybe we didn't want to hear; hear things we didn't want to know.

"The ultimate moving on will happen once we have a conviction and sentencing."

None of the allegations against the accused have been proven in court.

Police have released few details about Lawrence's death and have not said how he died.

On Friday, police charged 26-year-old Daniel Wayne Surette of Berwick anď 25-year-old Kyle David James Fredericks of Berwick District with first-degree

Both suspects are being held in custody this weekend until they appear in court in Kentville on Monday to face the allegations against them.

Berwick Mayor Donald Clarke said some residents of the town were skeptical that the investigation would lead to charges, while others were patient.

"There were naysayers that said, 'Nothing will happen because this man was homeless'," said Clarke on Saturday. "I think that's proven to not be the case.



Ron Lawrence speaks to the media about his brother's death after a news conferen ce in Berwick on Friday night. MIKE DEMBECK/THE CANADIAN PRES "It was a relief for everythe street with his belongings in a large plastic bag. **Fredericks** Residents said Lawrence In the days that followed began using the shelter

one to find out the (police) work had come to fruition."

Lawrence's death, a candlelight vigil was held in his memory at the site of the bus shelter where his body was found last fall.

People in the town said Lawrence was often seen sitting outside the local Tim Hortons or wandering down

for refuge as temperatures dipped last fall.

Ronald Lawrence has said his brother had a mental health problem that wasn't diagnosed, but it seemed to surface when he was about 25.

cleared in past death

Kyle David Fredericks, one of the two men charged with murder, was cleared of any

wrongdoing in the death of Joshua Graves in February 2013. He had been accused of criminal negligence causing death and trafficking a substance, hydromorphone, in relation to Graves' death following a Berwick house party in March 2011.

Community shaken by death: RCMP

RCMP Supt. Darrell Beaton acknowledged that the circumstances of Harley Lawrence's death have been difficult for the town.

"This community was shaken by the horrific circumstance surrounding the death of Harley Lawrence," he told a news conference on Friday night in Berwick announcing the charges.

"In the days and weeks following his death, the family of Mr. Lawrence, the citizens of Berwick and police were all focused on finding answers."

Insp. Chris MacNaughton said people have also been brought together by Lawrence's death.

"It has been a trying time for the Lawrence family and

the community as a whole," she said. "As a police officer, I have seen how tragedy can bring people together as in this case.

Ronald Lawrence, the victim's brother, attended the police news conference Friday night and expressed his support for the police investigation.

"It's nice to see the out-

"It has been a trying time for the Lawrence family and the community as a whole."

Insp. Chris MacNaughton

come of it so far. The RCMP were working very hard on

this. It takes a lot of time and effort," he said after-

Beaton said to the best of his knowledge there was no relationship between the two accused and the victim.

MacNaughton said she couldn't comment on the relationship between the two accused.

THE CANADIAN PRESS



va Scotia RCMP Superintendent Darrell Beaton speaks to the media Friday. THE CANADIAN PRESS

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Family, friends bid farewell to their beloved local writer

Alistair MacLeod.

Cape Breton writer laid to rest near summer home in Dunyegan

A funeral mass for writer Alistair MacLeod on Saturday resembled one of his meticulously crafted stories, blending well-chosen words, Celtic lament and insights into a life.

About 300 people filled the 167-year-old St. Margaret of Scotland Roman Catholic Church in Broad Cove, near his summer home in Dunvegan, for the ceremony and burial in the neighbouring graveyard.

MacLeod died in Windsor, Ont., last Sunday at the age of 77 from complications arising from a stroke he suffered in January.

Rev. Duncan MacIsaac quoted from the first chapter of Genesis, saying the writer had spiritually inspired creative gifts that sensitively portrayed ordinary people.

He also spoke about the hard reality of a Cape Breton community losing one of its most beloved figures.

"It hurt ... and I'm sure that's true for all those who knew him personally, this quiet, humble, kind, peaceful, loving, compassionate man who took in all aspects of life at a deep

level," MacIsaac.

He said he picked had up MacLeod's sole novel, No Great Mischief, the day before and had

wept with sadness and joy, feeling he could hear his friend's voice speaking from its pages.

"He made room in his heart for what really matters: family, community, people, a sense of being.'

Born in North Battleford, Sask., MacLeod moved with his family to Cape Breton Island when he was 10 and worked as a logger, a miner and a fisherman to make money for his

After achieving his doctorate in literature, he evolved into an acclaimed short story writer who in 2001 also won the prestigious International IMPAC Dublin Literary Award for No Great Mischief, published in 1999.

His other published works include the 1976 short story collection The Lost Salt Gift of Blood as well as 1986's As Birds Bring Forth the Sun and Other Stories.

MacLeod lived in Windsor but spent his summers in Inverness County on Cape Breton, where he set many of his

Douglas Gibson, MacLeod's editor and publisher at McClelland and Stewart, has described the author as "the stone carver," because his words were slow to emerge but were so well crafted they seemed destined to endure.

MacLeod's wife, Anita, was gently supported by their six children and grandchildren.



N.S. could deregulate gas prices: Premier



Premier Stephen McNeil says his government is looking at deregulating gas prices in Nova Scotia.

In a transcript of comments to reporters provided by his office, McNeil says his government is considering ending regulated gas prices, a system that has been in place for eight years.

McNeil says such a move could happen as early as the

fall, but he added that the government is not working under any deadline.

The cost of gas and diesel was regulated on July 1, 2006, with the intent of stabilizing but not necessarily preventing price hikes at the pumps.

Nova Scotia also regulated gas prices in the 1980s, but got rid of the restrictions in

McNeil's comments come a day after he said he intends to ask Ottawa about removing Nova Scotia's portion of the harmonized sales tax that is charged on top of the tax drivers pay for gas.

THE CANADIAN PRESS

Low-income families. Kids to get benefits boost

The Nova Scotia government says more children from lowincome families will soon qualify for the Nova Scotia Child Benefit.

Community Services Minister Joanne Bernard says the income threshold for the benefit will rise to \$26,000 from \$25,000 on July 1.

Bernard says that will bring about 1,300 more children

under the program's umbrella and other families already in the program will get more money.

About 10,000 children in families with incomes between \$18,000 and \$26,000 will qualify for partial benefits.

They are expected to receive average increases of \$40 a year for one-child families.

THE CANADIAN PRESS

2013

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metronews.ca
Monday, April 28, 2014

NEWS
07



Annual Halifax Dump and Run

People browse a selection of clothes and various items at Dalhousie Studley Gym during the Halifax Dump and Run on Sunday. The annual event sells off items students no longer need at the end of the year to raise money for charitable organizations. JEFF HARPER/METRO

Bar society rules against Christian school covenant

Nova Scotia Barrister's Society.

Denies accreditation to future graduates of Trinity Western

The bar societies of Nova Scotia and Ontario have struck a blow against religious values in denying accreditation to future law school graduates of Trinity Western University, the president of the B.C. Christian school said Friday.

Nova Scotia Barrister's Society council ruled Friday that Trinity Western University must drop a covenant that prohibits same-sex intimacy before graduates from the school would be allowed to enrol in the province's bar admission program.

That decision came a day after the Law Society of Upper

Canada's board of directors in Ontario decided they will not allow the school's graduates to practise in that province, condemning the covenant as "abhorrent."

"We are very disappointed," said Trinity Western University president Bob Kuhn in a statement

"These decisions impact all Canadians and people of faith everywhere. They send the chilling message that you cannot hold religious values and also participate fully in public society."

The Nova Scotia Barrister's Society council narrowly voted 10 to nine in favour of granting accreditation to the university as long as it eliminates a community covenant that students are required to sign. The agreement, which forbids intimacy outside heterosexual marriage, has been criticized as discriminatory against gays and lesbians.

Society president Rene Gallant said while the decision prevents graduates from Trinity Western University's law school from articling in Nova Scotia, they will be permitted to practise in the province in keeping with inter-provincial work mobility agreements and a previous decision by the Federation of Law Societies of Canada in granting preliminary approval to the law school.

"It's ultimately up to TWU now to decide what it wants to do," said Gallant. "We support the law school in other respects as did the federation committee, but the community covenant is the problem."

The university, which bills itself as the largest, independent Christian liberal arts institution in Canada, wants to open a law school in 2016. Kuhn said Friday those plans will move ahead despite the decisions.

THE CANADIAN PRESS

Cape Breton RCMP. Man arrested for threatening to shoot police officers

a man for uttering threats to shoot police officers if he saw them near his property.

As a result of the threats, and subsequent arrest, police executed a search warrant at a home in L'Ardoise on April 22, to look for firearms.

During the search, officers seized a quantity of marijuana, hashish and cocaine. Adam Roger Joseph Cormier, 34, faces charges of uttering threats, possession of a controlled substance for the purpose of trafficking and possession of cocaine. METRO

Thousands of chickens dead in N.S. barn fire

Fire crews were still at the scene of a chicken barn fire Sunday morning in Waterville.

Nine Kings County fire departments were at the site late last night until 4 a.m. Waterville and District Fire Department was called to the fire on Bond Road around 10:40 p.m., where a two-storey chicken barn was on fire.

"It did have poultry inside. The facility was being used as a breeder barn which had over 11,000 birds and at least half of them were lost," fire department spokesman Kevin Ernest said.

"The surviving birds are going to be transported to another site today."

He said the building was approximately 300 feet long and one half of the structure was destroyed.

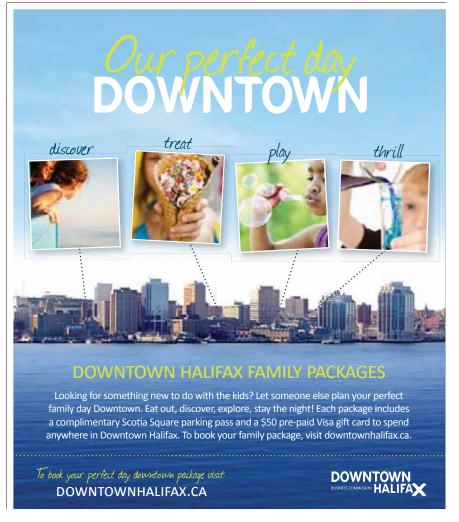
Firefighters from Kingston to Wolfville responded in mutual aid. No firefighters were injured and no other buildings were at risk.



Ernest confirmed the barn is owned by Atlantic Poultry Inc.

Ian Blenkharn, president of API, was at the scene late Sunday morning, but declined comment and asked reporters to leave.

API was formerly ACA and has hatchery, feed and egg production divisions.



metronews.ca Monday, April 28, 2014

Massena, N.Y.

Teen's arm severed cleaning a pasta machine

A teenage employee at an Italian restaurant in northern New York has severed his arm while cleaning a pasta machine.

A spokeswoman for Massachusetts General Hospital said that 17-yearold Brett Bouchard was listed in serious condition Sunday morning. He was flown there after the accident Thursday night at Violi's Restaurant in Massena on the Canadian border.

Manager Mia Violi said that Bouchard was cleaning the pasta machine when his right arm was severed.

THE ASSOCIATED PRESS

Montreal mayor

Hours booze is served doth make a metropolis 'fun'?

Montreal's mayor is putting his city's renowned nightlife to the test — and taking a shot at rival Toronto in the process.

Denis Coderre says he will allow bars on two downtown streets this

summer to serve alcohol until 5:30 a.m., two-anda-half hours later than liquor laws currently allow.

Busy stretches of Crescent and Saint-Denis will be part of the trial. It will run from June 12 to July 5, during weekends. Coderre used Friday's announcement to lob a jab at Toronto, saying a metropolis "should be fun." THE CANADIAN PRESS

National Defence

DND examines reports on improved 24-7 search-and-rescue

National Defence is once again taking a look at establishing an aroundthe-clock 30-minute response time for Canada's search-and-rescue squadrons, an idea the air force has long dismissed as too costly and manpower-intensive.

The Harper government has been under pressure to address the issue since last year's critique by the auditor general and the high-profile death of a young boy in Labrador. Two research reports, which crunched the numbers, were delivered to senior command.

THE CANADIAN PRESS

S. Korea's PM resigns, takes 'all responsibility'

Ferry sinking. 'I hope these deep-rooted evils get corrected this time and this ... never happens again,' said Chung Hong-won

South Korea's prime minister resigned Sunday over the government's handling of a ferry sinking that has left more than 300 people dead or missing and led to widespread shame, fury and finger-pointing, blaming "deep-rooted evils" in society for the tragedy.

South Korean power is concentrated in the president, so Chung Hongwon's resignation appears to be symbolic. Presidential spokesman Min Kyung-wook said President Park Geun-hye would accept the resignation, but did not say when Chung would leave office. Chung's resignation comes amid ris-

ing indignation over claims by the victims' relatives that the government did not do enough to rescue or protect their loved ones. Most of the dead and missing were high school students.

Officials have taken into custody all 15 people navigating the Sewol.

A prosecutor revealed that investigators were looking into communications made as the ship sank between a crew member and the company that owns the ferry.

Chung was heckled by victims' relatives and the PM's car was blocked when he visited a shelter on an island near the site of the sinking a week ago.

On Sunday, he gave his reason for resigning. "As I saw grieving families suffering with the pain of losing their loved ones and the sadness and resentment of the public, I thought I should take all responsibility as prime minister." THE ASSOCIATED PRESS



Paris. Two cops under review in tourist rape

France's interior minister says prosecutors have opened a preliminary investigation of two Paris policemen in connection with the suspected rape of a Canadian tourist inside police headquarters.

A statement Sunday said both officers, as yet unnamed, as well as a third who wasn't charged but is named as a witness, have been placed on suspension pending the outcome.

Prosecutors are investigating an accusation of gang rape made by the Canadian tourist. French media reports say the woman met the off-duty police officers in a nearby bar. The police head-quarters, on an island in the Seine River, is home to Paris judicial police and is often evoked in France by its address, 36 Quai des Orfevres.

Reports say the woman allegedly left the headquarters distraught and told an officer that she had been raped. She has undergone a medical with DNA samples taken.

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Two popes sainted Sunday

Two 20th-century popes who changed the course of the Catholic Church became saints Sunday as Pope Francis honoured John XXIII and John Paul II in a delicate balancing act aimed at bringing together the conservative and progressive wings of the

As if to drive the message of unity home, Francis invited retired Pope Benedict XVI to join him on the altar of St. Peter's Square, the first time a reigning and retired pope have celebrated Mass together in public in the history of

the church. The day became a historic day of four popes An estimated 800,000

An estimated 800,000 people — many of them from John Paul's native Poland — filled St. Peter's, the streets around it and bridges over the Tiber River, a huge turnout but only half the size of the crowd that came out for John Paul's 2011 beatification.

John reigned from 1958-1963 and is a hero to liberal Catholics for having convened the Second Vatican Council.

The meetings brought

the church into the modern era by allowing Mass to be celebrated in local languages rather than Latin and encouraged greater dialogue with people of other faiths, particularly Jews.

During his globe-trotting, quarter-century papacy, John Paul II, a conservative pope, helped topple communism and invigorated a new generation of Catholics.

John Paul also defended core church teaching on abortion, marriage and other hotbutton issues.

THE ASSOCIATED PRESS



'My God, help me to survive this deadly love'

Artist Dimitri Vrubel and his son Artjom clean the graffiti, named 'My God, help me to survive this deadly love,' depicting a fraternal kiss between former Soviet leader Leonid Brezhnev and former leader of the German Democratic Republic, DDR, Erich Honecker, at the East Side Gallery in Berlin. KAY NIETFELD/THE ASSOCIATED PRESS

Survivors recall tales of traumas

Annual Holocaust remembrance. Today, Israel will stand still to honour the six million victims of the Nazi genocide

In an annual ritual, Israel will come to a standstill Monday morning for the country's official Holocaust remembrance day. Air raid sirens will wail across the country as pedestrians stop in their tracks and drivers exit their vehicles and bow their heads to honour the six million victims of the Nazi genocide of the Second World War that wiped out a third of world Jewry.

The Associated Press asked a group of Holocaust survivors to share their strongest memory.

Asher Aud (Sieradski), 86 (Poland): Married, three children and 10 grandchildren. Retired from Israel Military Industries, a state-owned weapons manufacturer.

Asher Aud's odyssey reads like a history of the Holocaust's horrors. Over six years, he was separated from his parents and siblings in his native Polish town of Zdunska Wola, then scavenged for scraps of bread, and staved off a debilitating illness alone in the Lodz ghetto

before he was taken to the Auschwitz death camp.

Of all the atrocities he endured, Aud said parting from his mother at the age of 14 was the most traumatic.

In September 1942, the Nazis rounded up the Jewish community inside the local cemetery and were preparing to deport them.

"The Germans walked among us and anytime they saw a mother with a child, they tore the child from her arms and threw them into the back of trucks."

"I looked around and I just said 'Mother, this is where we are going to be separated," he said.

Shmuel Bogler, 84 (Hungary): Married, two children, five grandchildren. Retired police officer.

Shmuel Bogler never had the opportunity to say goodbye to his family, rounded up from their home in Bodrogkeresztur and transported to Auschwitz.

"The first thing they did was beat us and separate the woman from the men. It happened so quickly, I couldn't even part from my mother and sister," he said.

Jacob Philipson Armon, 76 (The Netherlands): Married, two children, one grandchild. Retired from Israeli defence contractor Rafael.

For Jacob Philipson Armon,



Asher Aud shows a number tattooed on his arm by the Nazis at Auschwitz SEBASTIAN SCHEINER/THE ASSOCIATED PRESS

memories are hard to come by. He was only two when Holland was captured by the Nazis, and three years later he went into hiding, like his more famous compatriot Anne Frank. The family's five children were dispersed among various non-Jews who risked their lives to protect them.

The most traumatic thing he recalls was when German troops kicked down the door of the home of his protector, Kit Winkel, and searched for Jews.

"They burst into the house and started to search for documents, turning over furniture and tearing down wallpaper ... I sat frozen, not daring to move," he said.

THE ASSOCIATED PRESS

NBA. Obama denounces team owner's comments

President Barack Obama said Sunday that comments reportedly made by the owner of a U.S. pro basketball team are "incredibly offensive racist statements," before casting them as part of a continuing legacy of slavery and segregation that Americans must confront.

"When ignorant folks want to advertise their ignorance, you don't really have to do anything, you just let them talk," Obama said when asked to respond to the reported comments from Los Angeles Clippers owner Donald Sterling. The firestorm over Ster-

The firestorm over Sterling's comments engulfed the National Basketball Association.

"The United States continues to wrestle with the legacy of race and slavery and segregation that's still there, the vestiges of discrimination," Obama said during a news conference in Malaysia.

In the recording attributed to Sterling and posted on the website TMZ, a male voice questions his girlfriend's association with minorities.

TMZ reported the woman,



V. Stiviano, is of black and Mexican descent.

The man asks Stiviano not to broadcast her association with black people or bring black people to games and specifically mentions Lakers Hall of Famer Magic Johnson on the recording, saying, "Don't bring him to my games, OK?"

NBA Commissioner Adam Silver said NBA needs to confirm authenticity of the audio tape. He called the tape "disturbing and offensive," and promised to investigate quickly. THE ASSOCIATED PRESS

Palestine

Acknowledging a genocide

Palestinian President Mahmoud Abbas called the Holocaust "the most heinous crime" of modern history, voicing a rare acknowledgment of Jewish suffering. Israeli PM Benjamin

Israeli PM Benjamin Netanyahu brushed the comments aside, saying Abbas's renewed attempts to reconcile with Hamas raised doubts about his intentions. THE ASSOCIATED PRESS

Stowaway

Teen 'just wanted to see his mom'

The 15-year-old Somali boy had been arguing at home, and he hopped an airport fence and climbed into a wheel well of a Hawaii-bound flight.

The boy's mother said her son recently learned that she was alive after his father told him she had died. "He just wanted to see his mom," a friend of the boy's said. THE ASSOCIATED PRESS

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Held by pro-Russian forces. Military observers speak under armed guard

Eight European military observers held prisoner by pro-Russia forces in eastern Ukraine were marched out under armed guard on Sunday to give public assurances that they weren't being mistreated.

Germany's foreign minister condemned the appearance as "revolting" and a violation of the men's dignity. Four members of the team are German.

One of the observers, a Swedish officer, was released later in the day for medical rea-

The insurgents in Slovyansk have taken a number of people hostage, including journalists and pro-Ukraine activists, as they strengthen their control in the east of the country in defiance of the interim government in Kyiv and its Western

On Sunday, they captured



the entrance during their mass storming of a regional Television Centre in Donetsk, Ukraine, Sunda EFREM LUKATSKY/THE ASSOCIATED PRESS

three Ukrainian security service officers, who were shown to Russian journalists bloodied and blindfolded with packing tape. THE ASSOCIATED PRESS

Dancers perform at 20-year democracy anniversary celebrations at the government's Union Buildings in Pretoria, South Africa, Sunday. President Jacob Zuma

released balloons and aircraft performed a flyover to mark the fall of the apartheid era, when all races went to the polls to cast their votes in historic 1994

South Africans celebrate maining hour of the flight, 20 years since apartheid and Indonesian troops later

President Jacob Zuma reflects on progress.

'We must not deny or downplay these achievements'

South Africans on Sunday celebrated 20 years of democracy with song, prayer and praise for those who guided their country into a more peaceful, tolerant era, although some noted that economic inequality and other problems have undermined the nation's promise since the first all-race elections

ended white rule on April 27,

The focus of the Freedom Day commemorations was in Pretoria at the Union Buildings, the century-old government offices where President Jacob Zuma and dignitaries, including foreign diplomats, gathered to reflect on the long struggle against apartheid and ensuing efforts to build a better country.

The anniversary precedes elections on May 7 that are likely to see the ruling African National Congress return to power with a smaller majority, reflecting discontent with the movement that

opposed white domination before its candidate, Nelson Mandela, became South Africa's first black president.

In a speech, Zuma said South Africa had a good story to tell, referring to its stable electoral system, its constitutional commitment to human rights as well as advancements in health care, welfare grants, and water and electricity in the past 20 years. Close to three million houses have been built since 1994, women play a far more prominent role in public life, and crime has declined, even though it remains an issue of "serious concern," he said.

"We must not deny or downplay these achievements, regardless of our political differences or contestation at any given time, including the election period," said Zuma, who has been criticized because more than \$20 million in state funds was spent on upgrading his private rural home. The scandal comes amid a troubling inequality between rich and poor that the government says is partly a legacy of old racial divisions, noting that the income of the average white household is six times that of a black household.

THE ASSOCIATED PRESS

Flight to Bali. Indonesia releases Australian man accused of hijack scare

Indonesia on Sunday re-leased an Australian man who caused a hijack scare on a flight to Bali by trying to break into the cockpit.

Indonesian authorities say the drunken man pounded on the cockpit door during Friday's Virgin Australia flight, forcing the pilot to issue an alert code to air traffic control. Bali's airport was closed for nearly two hours because of the incident, forcing several flights to be diverted.

The cabin crew managed to restrain the man and put him in a rear seat for the retook him into custody.

The man was released late Sunday and was to leave Bali on his own initiative, Bali police special crimes chief Col. Suryambodo Asmoro told reporters.

"Under Indonesia's law, he couldn't be charged in Indonesia because what he did was on a plane registered in Australia," Asmoro said, adding that it would be up to Australian authorities to decide whether to charge

THE ASSOCIATED PRESS

Prison break

Jamaican police search for two escaped men

Two inmates have escaped from a jail in Jamaica's capital that holds some of the Caribbean country's most hardened criminals.

The Jamaica Constabulary Force says the pair broke out of the Horizon Adult Remand Center on Sunday morning by climbing through a vent and then making their way over a wall.

THE ASSOCIATED PRESS

Lost at sea

U.S. Coast Guard searching for cruise passenger

The U.S. Coast Guard searched the waters between the Bahamas and South Florida on Sunday looking for a man reported missing from a cruise ship. Guard spokeswoman Sabrina Laberdesque said the cruise ship passenger apparently went overboard early Sunday in waters about 43 kilometres east of Florida's Delray Beach. THE ASSOCIATED PRESS

World's largest bloc of Islamic countries ready to send delegates to Central African Republic

The world's largest bloc of Islamic countries is sending 14 delegates to the Central African Republic on Tuesday to lead a fact-finding mission, express solidarity with Muslims and contribute to any peace talks in the country, wracked by sectar-

The Organization of Islamic Cooperation says delegates will be in the capital, Bangui, for three days. Guinea's Foreign Minister Lounceny Fall will head the delegation, which will include Turkey's foreign minister and diplomats from some of the 57 member-states, as well

as OIC Secretary-General Iyad Ameen Madani and the body's special envoy to the Central African Republic, Sheikh Tidiane

The Central African Republic exploded into violence in early December amid mounting resentment toward a Muslim rebel government that had seized power in March 2013 by overthrowing the president of a decade. The rebel leaderturned-president had little control over his forces, who were blamed for raping, torturing and killing civilians.

THE ASSOCIATED PRESS

metronews.ca Monday, April 28, 2014 **NEWS**

Scientists seek ground zero for **Middle East virus**

The source? Mounting evidence points to camels, but it is not yet known how people are contracting MERS virus

A German coronavirus expert says the virus responsible for the Middle East respiratory syndrome (MERS) appears not to have changed.

Dr. Christian Drosten says based on what his laboratory has seen so far, this month's surge in MERS cases cannot be explained by mutations in the virus.

Drosten's lab at the University of Bonn has been looking at genetic sequences of RNA drawn from samples from 30 recent cases from Jidda, Saudi Arabia, where the largest increase in cases has occurred.

In an email, Drosten says the lab has sequenced three nearly full genomes and they see no signs of significant changes that could account for the increase in cases.

Earlier work on the samples showed no major

Authorities in Egypt said Saturday they had diagnosed their first MERS case, in a man who had been in Rivadh, Saudi Arabia.

People infected with MERS have recently travelled from Saudi Arabia and U.A.E. to Malaysia, the Philippines, Jordan and Greece. There is no evidence those people spread the infection to others. The Malaysian man, who was a religious tourist to Mecca, died from his infection.

though at that point only a small part of the genome of each had been sequenced.

Drosten says the increase in cases may be due to infection control problems in hospitals where the virus has spread as well as milder cases coming forward as the public has become more aware of and concerned about MERS.

This is the first analysis of MERS viruses from cases in

The number of new cases has spiked sharply this month, leaving experts worried about the possibility that the virus might have become more transmissible among people.

There have been as many cases reported so far this month as in the 24 previous months combined. The earliest known cases of MERS occurred in April 2012.

On Saturday, Saudi Arabia reported an additional 10 cases and two deaths, bringing their total to date to 323 cases, 94 of which have been

Most of the April cases have been reported by Saudi Arabia, but there has also been several dozen cases in the United Arab Emirates.

In total, affected countries have reported just over 400 cases to date.

In a risk assessment issued Thursday, the World Health Organization warned more exported cases are "very likely" to occur in travellers, religious pilgrims and foreign nationals who work in affected Middle Eastern countries. It urged countries to be on the

2014 and fills an important lookout for MERS cases. changes in any of sequences, THE CANADIAN PRESS

Afghanistan flooding kills more than 100

Afghan youth pull their belongings from floodwater in Jawzjan province in northern Afghanistan Saturday. An official says flooding fed by heavy rains has killed more than 100 people and driven about 1,000 people from their villages, after losing their houses, crops and livestock. The Afghan National Army was using helicopters to rescue people trapped by the waters, and ferry food and water to remote areas. THE ASSOCIATED PRESS

Morsi backers say they'll **boycott Egypt's elections**

Supporters of Egypt's ousted Islamist president Mohammed Morsi said Sunday they will boycott the country's upcoming presidential elections as a court sentenced 40 people to up to 15 years in prison over charges linking them to violent demonstrations last summer.

An alliance led by the Muslim Brotherhood said the presidency is "not vacant" and called the upcoming May 26-27 election a "farce."

Former field marshal

Abdel-Fattah el-Sissi, who led the overthrow of Morsi in July after millions demonstrated against him, is the front-runner in the upcoming elections. He faces Hamdeen Sabahi, a leftist and his sole challenger. The Brotherhood-led alli-

ance also boycotted Egypt's January vote on a new constitution, which saw nearly 20 million people overwhelmingly support the charter.

Egypt has been plagued by unrest and militant attacks since the July over-Egypt's backed interim government has launched a sweeping campaign against Morsi's backers and Brotherhood members, killing hundreds and jailing thousands.

The government has branded the Brotherhood group as a terrorist organization and blamed it for a wave of bombings and suicide attacks that have left dozens of policemen dead and injured.

THE ASSOCIATED PRESS

Central African Republic

Trapped Muslims leave the capital

Heavily armed peacekeepers escorted some of the last remaining Muslims out of Central African Republic's volatile capital on Sunday, trucking more than 1,300 people who for months had been trapped in Bangui by violent Christian militants.

Within minutes of the convoy's departure, an angry swarm of neighbours descended upon the mosque in a scene of total anarchy. Tools in hand, they swiftly stole the loudspeaker used for the call to prayer and stripped the house of worship of its ceiling fan blades.

Armed Congolese peacekeepers stood watch but did not attempt to stop the looting even as teams of thieves stripped the metal roofs of nearby abandoned Muslim businesses in the PK12 neighbourhood of Bangui.

While previous groups have been taken to neighbouring Chad, Sunday's convoys were headed to two towns in the north on the Central African Republic side of the border.

THE ASSOCIATED PRESS



Investors beware: What goes up must come down



TO ROLL Alison Griffith metronews.ca

There may be storm clouds hovering over the stock market. Perhaps it's an opportune time to follow an old investor's adage: Sell in May and come back on St. Leger Day — the latter being the final event of the British horse racing season, falling in mid-September.

Statistics certainly support a pattern of hot-weather doldrums. Going back to 1926 the stock market's average annual summertime gain is just over four per cent, compared to seven per cent for the Novemberto-April period.

This year there may even be a stronger reason to lighten up on stocks and equity mutual funds: We're all waiting for a market tumble of more than 10 per cent. **History repeating**

11

Number of 10-per-cent-plus stock market declines in the last 25 years

Corrections or pullback of less than 10 per cent are common and occur at least once a year, sometimes more. There have been five of them in the last three years.

Bigger declines, in the 20 per cent range, hit the market about every three and a half years.

Oh dear.

Guess when the last doozy struck? That would be the summer of 2011. We are right on target for another one in the next six months.

But before you rush off to sell everything, think again. Assuming your current investments are quality ones, consider market declines as an opportunity. 1. Have cash. Cash is opportunity personified. When the market heads south buy more of the strong stocks and funds in your portfolio.

2. Evaluate. You can't put No. 1 into effect unless you know your holdings are top notch. Reassess both mutual funds and stocks. If you have laggards, don't throw good money after bad. Any mutual funds that have not been in the top 25 per cent (called the first quartile) of their category over five years are likely not worth owning. Your adviser or a site such as morningstar.ca can provide this information.

3. Diversify. A market correction is a great time to spread your investment dollars into different regions, such as the U.S., Europe or Asia.

The coming market storm may veer off course, but it doesn't hurt to be prepared.



China censors TV shows on streaming sites

A computer in Beijing shows a Chinese streaming website with a description of The Big Bang Theory, but the site no longer has access to episodes. Chinese authorities have ordered video streaming websites in the country to stop showing four popular American TV shows, representatives from two sites said Sunday. A spokeswoman for Youku, one of the sites, said it had received notification on Saturday not to show the sitcom The Big Bang Theory, political and legal drama The Good Wife, crime drama NCIS and legal drama The Practice. The State Administration of Press, Publication, Radio, Film and Television didn't give a reason for its order, said the spokeswoman, who couldn't be named because of company policy. NG HAN GUAN/THE ASSOCIATED PRESS

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metronews.ca Monday, April 28, 2014 **VOICES**

THE STEPHEN MCNEIL SHELL GAME

Given last week's gas price gusher that propelled pump sticker shock beyond even the last recordbreaking penny point set in 2012, it's little wonder Premier Stephen McNeil rushed for the cover of a sort-of pledge to cut Nova Scotia's portion of the harmonized sales tax it currently tacks on to the top of the taxes already charged on gasoline.

It's even less wonder the premier coupled his call with enough caveats to cap any expectation of

Ottawa itself would also have to forego some of the revenue it collects, McNeil said.

And it wouldn't do for this to be a Nova Scotiaonly solution; McNeil wants the other Atlantic provinces to climb on board before it would be implemented.

And it's no wonder at all the premier's finance minister put McNeil's baby to bed and to sleep.

"It would be really irresponsible," Diana Whalen explained, "to start rebating taxes or changing our tax system in a way that



Stephen Kimber halifax@metronews.ca

would just put us deeper in a hole."

By the Liberal reckoning, we won't reach a balanced budget - NDP-style or real? - for at least three more years, which would, of course, bring us close to the next provincial election. Do I sense a pattern here? But I digress...

So McNeil's government will/may possibly/ who knows remove the hated, roughly fourcents-a-litre tax around 2017 ... if the books are balanced, if Ottawa agrees, if the rest of the region goes along and if the planets line up in a certain way..

Which is to say he won't.

You have to sympathize with McNeil, who is caught between a rock and a bigger, harder rock when it comes to his fiscal wiggle room.

Much as he might like to eliminate an unfair tax, forgoing the revenue it generates would be - to quote his finance minister—"really irresponsible."

The solution, though, is not the Stephen McNeil shell game, or

Rocks, rocks, everywhere

You have to sympathize with McNeil, who is caught between a rock and a bigger, harder rock when it comes to his fiscal wiggle room. Much as he might like to eliminate an unfair tax, forgoing the revenue it generates would be — to quote his finance minister — "really irresponsible."

Progressive Conservative leader Jamie Baillie simplistic, I-cansay-whatever-I-like-because-I-won't-have-to-do-it opposition high road: "If it's wrong, it's wrong."

The reality is we need to finally, belatedly take a serious look at our overall tax system. We need to ask why we've spent the last decade continually cutting corporate taxes while our deficit soars and debt piles up? If we begin to ask the right questions, we might come up with more useful answers.

ZOOM

In the deep end



Artist stuns with 3D optical illusion of swimming pool

Dutch artist Jeroen Bisscheroux has created the illusion of an empty swimming pool, spread across the ground inside a shopping centre in Osaka, Japan.

From a distance, Bisscheroux's artwork — POOL, loss of colour — looks like a twodimensional painting of a pool. But while standing inside the work the pool's walls appear to drop away, giving the impression that you are floating in mid-air above it. **METRO**

Installation represents impact of Japan's nuclear disaster

Located in the Grand Front Osaka shopping mall, the work is a perfect spot for a photo-op.

However, there is a more sombre message, as the art serves to highlight the Fukushima nuclear disaster of 2011. The empty, discoloured swimming pool "brings the impact of the disaster back to human proportions," says the artist. METRO

Metaphors

- Bisscheroux describes the artwork as a carpet: "A place where we welcome guests." This cosy metaphor aims to encourage play and exploration of the empty space.
- The artist left an area to represent the crisis zone "grey and dark." Bisscheroux adds that it's a symbol of the "disastrous consequences" at Sendai.

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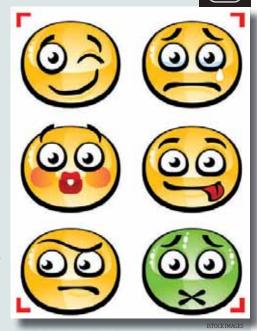
Emojis you wish vou had use for

ANDREW **FIFIELD**



Do you love emojis? Of course you do! Do you hate emojis? We prefer to think you just don't love them yet.

Either way, author and illustrator Avery Monsen has you covered with the introduction of 100 highconcept emojis that, sadly, our lives are too dull and tedious to require. But it would sure be nice if we could add them to our keyboards, even if it's strictly for aspiration's sake. (Tap the screen to freeze it.) Via @averymonsen on Vine.





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SCENE

A good spy always brings the cupcakes

A Window on Eternity

By. E. O. Wilson

iPad/iPhone



MIND THE APP Kris Abel @RealKrisAbel

Amongst grandfatherly storytellers, Wilson is superb. The esteemed biologist captures the grand story of Mozambique's National Park, a place tied to humanity's origins and now recovering from Civil War destruction, before whispering details of its smallest species with a twinkle in bic eye.

Box office

Captain America toppled by The Other Woman

After holding the top position at the box office for three weeks, femmefuelled The Other Woman has beaten superhero blockbuster Captain America: The Winter Soldier for the No. 1 spot in its opening weekend. The revenge comedy grossed \$24.7 million US, while Captain America grossed \$16 million. THE ASSOCIATED PRESS

The Americans.

Costa Ronin explains the finer points of espionage

LISA WEIDENFELD

The Americans is a show that thrives on never quite revealing exactly what motivates its various spies and government agents. Who can be trusted, and who has a hidden agenda?

While Noah Emmerich's Stan Beeman navigates the intricacies of the FBI, his counterparts in the Russian Rezidentura have found a new face in their midst: Oleg Burov, played by Costa Ronin. Oleg received one of the show's finer introductions, missing an important summons from Rezidentura head Arkady Ivanovich (Lev Gorn) because he was listening to American music too loudly on his headphones. While Arkady was quick to write him off as a rich man's son using his connections to get ahead, Oleg has proven resourceful.

Oleg comes off as pretty confident about his spycraft, but as Ronin warns us, "that's his persona."

Tune in

The Americans airs Wednesday nights at 10 p.m. ET on FX Canada.



It's also the case with every character on the show, says Ronin. "Everybody's so good at hiding what they think and hiding what they feel because a small display of weakness can lead to somebody dying."

Oleg's apparent bravado may be more for protection than anything else, even among the KGB agents. "He cannot let them see how savry he is, he cannot show them all the cards that he's got."

Don't always assume that stony-faced people in suits would make good agents, though. Ronin says good spies are "the friendliest people you will ever meet, the people who will bring cupcakes to your Sunday brunch, who will pick up your kids from school ... To be the best, you cannot be thought of (as) being a spy."

Though Ronin was initially only signed on for two episodes, the producers decided to keep him on for more of the hit spy drama's second season. As the season has progressed, Oleg has begun a careful dance with Beeman, initiated after a slow-paced but intense car chase, of which Ronin says,

"They did have to tell me to slow down a few times." He begins blackmailing Beeman over his involvement with the poker-faced Rezidentura employee Nina (Annet Mahendru), whom Oleg also begins seeing. It's all a careful balancing act. Will it all come crashing down on him?

"The show's about people and how they struggle with what they have to do," says Ronin. What, exactly, will Oleg have to do? Keep watching The Americans to see whether he's just clever enough to stay ahead of the other spies.

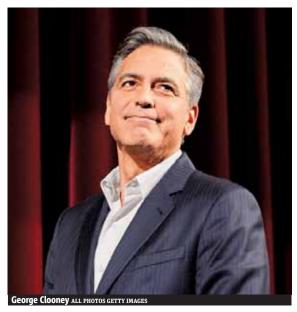






metronews.ca
Monday, April 28, 2014

DISH
15



Why is George's latest squeeze wearing a giant rock?

George Clooney is ending his streak as Hollywood's most marriage-averse bachelor, as the Ocean's 11 star has reportedly asked girlfriend Amal Alamuddin to marry him, according to People magazine. "George and Amal are trying to keep things very low-key but they also aren't really trying to hide this, it doesn't seem," a source says. "I think it's like they want the people they love to know that this is real, that

they plan on being together forever." While it's unclear exactly when Clooney popped the question, Alamuddin was first spotted donning an impressive diamond engagement ring at a dinner with Cindy Crawford and Rande Gerber in Malibu Thursday evening. Clooney and British human rights attorney Alamuddin were first rumoured to be dating in October when they were spotted together in London.



Gwynnie's friends sick of hearing about her perfect ... divorce

Gwyneth Paltrow's separation from Chris Martin is apparently going so smoothly that her friends are reportedly fed up with how smug the Oscar-winning actress has become about it, according to Radar Online. "Conscious un-

coupling' has become a joke among Gwyneth's friends. All she's doing is bragging about how peaceful her divorce is and how she and Chris planned it so perfectly that it is hardly disrupting their lives," a source says.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week



Some folks will do anything to avoid a wedding



STARGAZING Malene Arpe scene@metronews.c

Demi Moore will reportedly travel to a yoga retreat in India in order to avoid being near any news outlets when Ashton Kutcher and Mila Kunis marry. To each her own. I would personally rather serve as ring bearer at every one of my exes' weddings than ever have to listen to someone talk about yoga.

Dean McDermott says he cheated on Tori Spelling because having sex with her wasn't "fantastic." Fun fact: Nothing is fantastic while having to look at Dean McDermott, which is why I don't watch Chopped Canada.

What you can do to

help Gwyneth Paltrow's lifestyle site GOOP, which is reportedly in financial trouble: 1) Buy more \$85 plain white T-shirts. 2) Cold-press everything. 3) Consciously uncouple from the notion that you are OK the way you are and don't need to be told how to live.

Gwen Stefani replaces Christina Aguilera on The Voice. The stressed-out lighting crew is scrambling to figure out how to light a fake blonde with bright lipstick and loud clothes.

This week in famous hair: 1) Nicki Minaj is reportedly ditching her wigs. 2) Andrew Garfield gets a buzz cut. 3) Jennifer Lawrence is growing her hair out. 4) Kaley Cuoco gets a bob. 5) Chris Pratt Instagrams a picture of the back of wife Anna Faris's head with the comment "this is a weird thing to brag about but I did that glorious french braid."

Selena Gomez unfollows Justin Bieber on Instagram. That Nets hat was the final



Second time's a charm for Naomi and Liev

It took them some time to work out their differences, but Naomi Watts and Liev Schreiber are reportedly ready once again to walk down the aisle, according to Radar Online. "While Naomi and Liev have had their ups and downs, including a cancelled New Year's Eve wedding right before 2008, they've finally worked out their differences and are rethinking marriage," a source

says of the couple, who have been together for nine years and have two sons together. "Liev really admired how Naomi rose above the flak she got for Diana — a role he really thought she'd win awards for. She was totally brokenhearted over that movie, and Liev has played a huge role in getting her confidence back so she could carry on with four more films she has in production."

Biebs' airport hassle likely caused by current rap sheet

Justin Bieber's return to the U.S. after a visit to Japan was delayed a bit when he was detained by immigration authorities for four hours at LAX late last week, according to E! News. The troubled singer had nothing to say to reporters as he made a dash for his waiting van after the extended stay at the airport, so it's unclear why the authorities were so interested in him. But chances are it has something to do with his current rap sheet, as Bieber has pleaded not guilty to charges of driving under the influence, resisting arrest and driving with an expired licence related to his January



arrest in Miami. He's also been charged with assaulting a limo driver in Toronto back in December.

Twitter



Justin Bieber was detained at LAX. Customs probably thought he was smuggling 14 illegal aliens in

those saggy pants.



@rickygervais
I am offended by your opinion, & since I couldn't possibly ignore you or control my emotions, I demand you never express your opinion again.



@Real_Liam_Payne

Hi everyone I hate doing this because I sound a d but please keep the noise down outside it's 6am and everyone is sleepy mouses thanks

Five ways we find ourselves buried in a mountain of debt

No money, mo' problems. Prepare for the worst to avoid going into the red



GAIL VAZ-OXLADE Gail blogs daily at gailvazoxlade.com

Often when people meet me out and about, they want to talk about the show. At some point in our conversation they say something like, "How'd they get themselves in such a mess?" These are the people who can't conceive of spending more than they make or having all that debt. Here are five ways it happens:

1. No Money Management Skills

Unfortunately, a lot of people were never taught the skills of money management. Each day people fly by the seat of their pants, hoping that things will turn out OK. Some days they do. Many days they don't, and they end up running around firefighting to stay afloat.

If you don't know how much money you make, how will you know how much money you can spend? If you charge whatever you're buying on your credit card, but you don't know how much you have to spend, how will you pay off that credit card when the bill comes in?

A lack of money management skills is, perhaps, the biggest predictor of financial failure. All the credit counselling, all the bankruptcies, all the income in the world isn't going

to save your butt if you don't take the time to figure out how to use what you've got to your advantage. There are rules to follow, work to put in, and self-control to be applied.

2. Underemployment

Some people are just born lazy, y'know. I've worked with more than one person who thinks that earning \$14 an hour for 37.5 hours a week is just fine.

Bringing home \$400 a week is fine, if you're prepared to live on \$400 a week. But most people aren't. They want to drive cars, they want to take vacations, they want to have cellphones and premium cable and everything else their pals have. Sometimes when I tell these people to go make more

money, they complain that it'll take away from their Mommy or Daddy jobs. Yet many of those same people spend hours a day doing stuff that doesn't involve their kids. THOSE are the hours you should be spending making more money.

3. Income Goes Down, Spending Doesn't

People get laid off from work. People get sick. People stay home to raise their children. Their incomes go down, sometimes waaay down, but their spending doesn't change. They use their credit cards, lines of credit and overdraft protection to fill the gap and then say they are surprised to find they are buried in debt. Then they get a consolidation loan or wrap

the consumer debt up in their mortgages and go out and do it all over again. Of course, these same people could have built themselves a buffer against changes in their financial circumstance, except for Reason No 4

4. No Savings

We seem to have developed an aversion to saving. We use the excuse that we can't get much return on our money right now, so what's the point. Ha! Talk about justification. Wow. We've watched the savings rate plummet over the past three decades, hitting the negatives. How can that ever be a good thing?

Of course, if we were willing to live on a little less now

so that we'd have a cushion set aside in case we lost our jobs, we wouldn't be pushed into Debt Hell quite so quickly. And if, knowing we were going to take time away from work to raise kids or go back to school, we set aside some money to see us through our future plans, we wouldn't dig ourselves a tunnel to Debt Hell.

5. Getting Sick

Some people believe they will never get sick. It's why people don't bother to get critical illness insurance, disability insurance, or life insurance. In my mid-40s, my best friend died. She was also in her 40s. But before she died, she had years of dealing with MS and then with breast cancer and finally brain cancer.

If she hadn't had disability insurance, she would have been totally screwed. As it was, every month was a challenge financially. And believe me, she didn't need any more aggravation.

Of course, you may not be the one to get sick. It may be your partner, at which point you better have some money to help pay for the things he or she used to. Or it may be a child or an elderly relative that causes you to lose time off work.

There are life events that can contribute to pushing us into debt, but if we had been managing our money all along — saving some, covering our risks with insurance, being responsible with our money — those life events could have been a lot less painful.

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Did you know 72% of pain sufferers regularly have trouble sleeping?*



*Source: Data on file. Johnson & Johnson Inc. Analgesics Equity/U&A Research, 2010 Save now on TYLENOL® Nighttime at Shoppers Drug Mart... and help put sleepless nights to rest.





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metronews.ca
Monday, April 28, 2014

LIFE 17

Here's Arianna's A to Zzzzs guide to redefining success

Thrive. In her new book, The Huffington Post's editor-in-chief urges others to look beyond the pursuit of money and power

It took a collapse in her home office resulting from exhaustion and sleep deprivation for Arianna Huffington to truly wake up.

As she worked relentlessly to build her rapidly expanding media company, that fall on a spring morning in 2007 left Huffington with a broken cheekbone, an eye injury and a renewed resolve to re-examine her life.

Yet long before the incident, Huffington acknowledged there were other key moments that should have put her "sleep-deprived, burnt-out-fuelled existence into perspective." The loss of her first child that was stillborn. A breast cancer scare. Her divorce.

In her new book Thrive (Harmony Books), Huffington proposes what she describes as a "Third Metric" to define success — one that extends beyond the pursuit of money and power.

The co-founder and editorin-chief of The Huffington Post Media Group includes the following as pillars of the Third Metric: self-care, wellbeing, wisdom, wonder, and giving.

Huffington dedicated Thrive to her late mother, Elli, whom she saw as a true embodiment of the Third Metric, reinforced with anecdotes of the spirited matriarch woven throughout the book.

"My mother was somebody who always lived life with an open heart, making connections with people, not multitasking, all of the things that dominate our lives now were things that she realized were not going to lead to a life of meaning and purpose," Huffington said in an interview in Toronto.

"She truly believed — she taught my sister and me — in not missing the moment, and that happiness is really about being 100 per cent present in the moment of what we are doing.

"Unfortunately, our minds often want to take us in the past, judging what we've



Digital detox

"It was wonderful to have a meal without Instagramming it, to watch a sunset without Instagramming it, and to have conversations with my children when they would say something funny I wouldn't feel the temptation to tweet it."

Arianna Huffington, describing her most recent Christmas vacation spent with her ex-husband and daughters.

done. Often, this voice that we all have in our heads that I call the obnoxious roommate ... that puts us down, judges us constantly, questions our dreams, or our mind, wants to take us in the future worrying, being anxious about what's going to happen."

In addition to touting the benefits of meditation, the self-described "sleep evangelist" recognized the importance of getting sufficient shut-eye after her collapse and started to read about the scientific value of sleep.

"It's really a miracle drug. It affects our health and well-being, our mental clarity, our capacity for joy," said Huffington, who over time has gone

from getting four to five hours of sleep a night to between seven and eight.

At the end of each section of Thrive she offers tips on small steps readers can take immediately to start charting a course to wellness. Among them: aiming to get 30 more minutes of sleep a night. She has also established her own wind-down routine which encompasses turning off all her devices (including an iPhone and four BlackBerrys) and placing them outside of the bedroom.

"We have to recognize that we are addicted to our smartphones and the impact that that has on being able to connect deeply with the people we love. I think we need to make checking our smartphones during dinner as socially unacceptable as picking your nose or scratching your private parts," Huffington said.

Despite finding personal success in making changes, Huffington realized there are others who may find the prospect of following suit difficult — especially those faced with significant demands on the job and elsewhere. But if anything, she sees the steps she outlines as even more critical for those whose lives are particularly challenging.

"There are a lot of things in the outside world that we cannot control. We cannot control having a boss, say, that expects us to be on all the time. And let's say that we have to stay in that job. ... There's a lot we can do to deal with our own attitudes to our job and what we're doing when we're not on the job," she said.

"When our own inner world changes, we're more likely to change our outer world." THE CANADIAN PRESS 'Round the world wisdom

List the carrots and sticks to help you stick to your goals



LESSONS FROM THE DESERT Stéfan Danis life@metronews.ca

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

I took on running the Gobi with enthusiasm but within a month, before having experienced any of the tangible physical benefits from my training, I was already losing my drive. The law of diminishing intentions was in full flight — my life was getting in the way of my training. It was challenging to anchor new habits into an already full schedule. For most of us, as it was for me, change is hard without leverage.

My main mistake was that I didn't give myself enough reasons to change my calendar to suit the

I had jumped in with a healthy naiveté, and now I needed to do what I should have done prior to taking on the project. So I listed all the



pros and cons of running the Gobi. The list was obviously heavily tilted in favour of doing it. I then flipped the equation and listed the pros and cons of not running it. It allowed me to visualize the rewards of running the Gobi and also brought to light the cost of not following through with my goal. I needed the list of carrots and sticks to be exhaustive as possible in order to bank all these reasons for the days when I would inevitably falter, or just not want to train.

I posted the long list on my home office wall so it would be in my face — a perpetual reminder for the duration of the project. And even though there were far more reasons to run the Gobi than not, at times when my willpower wavered, I re-read the list and renewed my commitment. STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER



metr⊕

Get a little nutty with a pistachio crust for your pork tenderloin

Lean and delicious.

Despite its piggy reputation, pork can be leaner than a chicken breast and it's tasty, too



follow her on twitter

"Pork: The Other White Meat" is a slogan used since 1987 to help pork compete with poultry, and it's worked! Ounce for ounce, pork tenderloin has less fat and fewer calories than a chicken breast, and the image that pork was only a fatty meat has been overcome. It is considered an extra lean meat ac-

- Serves 4 1 lb pork tenderloin
- 1 Tbsp. Dijon mustard
- ½ cup finely chopped shelled pistachios

ASH FOOD

cording to government guide-

iron, zinc, selenium and phos-

phorus and has been known to

Pork is a good source of

From your fridge

to your table in

30 minutes or less

- 3 Tbsp. grated Parmesan
- 2 tsp olive oil
- ½ tsp minced garlic

fight against Type 2 diabetes, helping to maintain optimal sugar levels. Today, due to better health procedures, you can now eat your pork medium rather than well done.

The old practice was to cook until 160 F, which dried out this lean meat. It is now recommended to cook your pork to just 145 F for a moist and delicious medium-cooked meat.

This flavourful nut crust goes so well with this tender meat. You don't need to salt your pork since the cheese and mustard contain sodium.

When you cook the meat to medium, you won't need a sauce since the meat is so tender and tasty. Feel free to substitute any nuts of your choice. This topping also goes well over chicken or fish. Don't worry if the crumbs don't all stick; just serve them alongside the med-



Directions

1. Preheat over to 400°F. Sear tenderloin in skillet sprayed with vegetable oil, just until browned on all sides, about 3-4

2. Place on a baking sheet. Rub

mustard all over tenderloin.

3. In a small bowl, combine pistachios, cheese, olive oil and garlic. Pat onto all sides of ten-

4. Bake until temperature

reaches 140°F (medium) or approximately 15-20 minutes.

5. Let rest for 10 minutes, then

THE BEST OF ROSE REISMAN (WHITECAP



Sugar snap peas. The sweeter side of salad

Sugar snap peas are different from English peas and snow peas. They are less fibrous and can be eaten when the pod is young. Sugar snap peas have a sweet taste with a crunchy texture and can be eaten raw, or cooked as a vegetable side dish or snack.

High in vitamin C, one cup of these peas contains more than half an orange. This nutrient-packed veggie also contains vitamin B in the form of folate, known to reduce the risk of birth defects and help lower the risk of heart disease.

This is a simple Asian-style recipe that can be used to accompany any main course. You can substitute snow peas or green beans, but you can't find a sweeter and crisper pea than the sugar snap pea.

Directions

1. Combine the honey, vinegar, sesame oil, soy sauce and garlic in a small bowl. Set aside.

2. Heat the vegetable oil in



a large nonstick skillet over medium-high heat. Add the snow peas and cook until tender-crisp, about 3 minutes. Pour the sauce over the peas and cook until heated through Serve immediately, garnished with cashews and sesame seeds. THE BEST OF ROSE REISMAN (WHITECAP BOOKS)



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Fucale shines bright in return for Moose

QMJHL playoffs.

Fans cheer on star goaltender in bounce-back performance



There can be no mistake that Halifax stands behind Mooseheads goalie Zach Fucale.

An adoring Metro Centre crowd chanted "FU-CA-LE" and gave standing ovation after standing ovation to their goal-tending darling throughout Saturday night's hard-fought 4-3 overtime win against the visiting Val-d'Or Foreurs.

"I was happy to come back," said the Mooseheads' star netminder, who sat out the previous game after a pair of uncharacteristically poor starts.

"I took some time to practice and get back to my ways and tonight it wasn't perfect (but) I did what I could out there and I'm glad I contributed a little bit to the team's success."

A little bit.

Fucale was on fire between the pipes Saturday — if a sold-out crowd of 10,595 chanting fans is anything to judge by — coming up big with several breakaway saves against a high-powered Val-d'Or offence, including his first of the evening against star sniper Anthony Mantha.

He added another breakaway stop early into overtime to keep the game going.



"One shot wins it, so I sort of have to be (on my game)," Fucale said. "I felt really good coming into overtime and I think the team made it easy for me."

The Mooseheads — who outshoot the Foreurs 42-25 — have now won the last three games of the series after falling behind 2-0 and are one win away from second-straight trip to the QMJHL final.

Rookie Maxime Fortier notched the game-winning overtime goal — the first of

Drakkar 3, Armada 2

Valentin Zykov scored in overtime as the Baie-Comeau Drakkar rallied to a 3-2 victory over the Blainville-Boisbriand Armada on Sunday in Quebec Major Junior Hockey

his QMJHL career — sending the home crowd into a frenzy and earning him the game's first star

Standing in front of the

League playoff action.

 Despite the loss, Blainville-Boisbriand holds a 3-2 series lead.

THE CANADIAN PRESS

Foreurs' net, Fortier tipped home a shot from the point by defenceman Jessie Lussier. and was swarmed by his team-

mates after the puck went in.

"It was incredible," said an overwhelmed Fortier, all smiles about his goal.

"I just went in front of the net and did my job."

The win wasn't without controversy — the goal went underwent a lengthy review before the referees finally approved it, giving the crowd a second excuse to celebrate.

"The guys are really pi— because they think it was a hand pass behind the net," Foreurs head coach Mario Durocher said of Fortier's marker.



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La Liga

Alves eats banana thrown as racist taunt in Barca win

Barcelona defender Dani Alves responded to a racist taunt when a banana landed at his feet during Sunday's game at Villarreal by picking up the fruit, peeling it and then eating it before proceeding to take a corner kick. Alves had already played a key part in sparking the team's 3-2 comeback win when his off-target shot was turned into an own goal by Gabriel Armando in the

And shortly after the banana incident, Alves launched a cross that Mateo Musacchio headed into his own goal in the 78th before Lionel Messi scored Barcelona's winner.

THE ASSOCIATED PRESS

NHL playoffs

Ducks done shooting Stars

Nick Bonino scored 2:47 into overtime, after getting one of Anaheim's two goals late in regulation, and the Ducks beat the Dallas Stars 5-4 in Game 6 on Sunday night to clinch the firstround series.

The Ducks scored twice in the final 2:10 of regula-

tion to force overtime for the first time in the series.

Bonino skated around the from behind the net and got a puck over Kari Lehtonen's left shoulder to get the Ducks within 4-3.

Anaheim got the overtime-forcing goal with 24 seconds left after a wild scramble in front of the net with an extra skater and Lehtonen without his

THE ASSOCIATED PRESS

Diving

Montrealer makes splash, wins silver

Montreal's Meaghan Benfeito won a silver medal in the women's 10-metre tower competition Sunday at the third stop on the FINA World Series diving circuit.

Ruolin Chen of China won the gold.

THE CANADIAN PRESS

Stiff competition



"When you play this team, you know you're in for a tough

night. Nothing comes easy against Boston."

Canadiens defenceman Josh Gorges, on his team's next playoff opponent —

Blackhawks eliminate their case of the Blues

NHL playoffs. Chicago wins first-round playoff series in six games, will face either Minnesota or Colorado next

First, it was Jonathan Toews on a power play, and then Patrick Sharp got loose on a breakaway. Andrew Shaw tipped one home, and it was all over.

One dazzling stretch for the Chicago Blackhawks put an end to their tight firstround series against the St. Louis Blues.

Duncan Keith had a goal and three assists, and the Blackhawks used a four-goal third period to finish off the Blues with a 5-1 victory in Game 6 on Sunday.

"It feels good to contribute in a big game," Keith said, "and I think just the main thing for me is just being able to move on and get a couple days to relax and just regroup

and focus on the next round."

Chicago won four in a row after a slow start in St. Louis. The defending Stanley Cup champions will play the winner of the Minnesota-Colorado series in the Western Conference semifinals. The Avalanche lead the Wild 3-2 heading into Game 6 in Minnesota on Monday night.

Toews, Sharp and Shaw scored in the first 7 1/2 minutes of the third and Keith closed out the scoring as the Blackhawks improved to 14-2 in home playoff games over the past two seasons.

Bryan Bickell scored in the first and Corey Crawford made 35 saves, keeping Chicago in a tie game when St. Louis controlled the second period.

"They were dominating the first 40 minutes here and we came back with maybe the best period of the year," coach Joel Quenneville said.

T.J. Oshie scored for the Blues, while Ryan Miller finished with 22 saves.

THE ASSOCIATED PRESS



The Blackhawks celebrate Duncan Keith's third-period goal against goalie Ryan Miller and the Blues during Game 6 of their first-round playoff series in Chicago on Sunday. JONATHAN DANIEL/GETTY IMAGES

New York leads 3-2

Rangers push Flyers to brink of elimination

Henrik Lundqvist didn't allow a bad ending to the second-period wreck an otherwise good day for the New York Rangers.

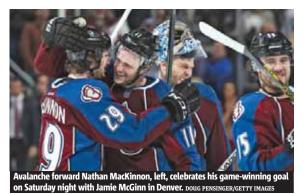
Lundqvist was the beneficiary of a three-goal lead that was trimmed to two when the Philadelphia Flyers got their power play to work in the closing seconds of the middle period. But the Rangers kept it together in the third, withstood a late surge, and pushed the Flyers to the brink of elimination with a 4-2 victory Sunday.

"The biggest part to me was to calm down and not be too upset about it," Lundqvist said of Vinny Lecavalier's goal with 32.6 seconds left that made it 3-1. "It is really frustrating to sit here when you give up a goal like that late in the period.

"It was just about letting it go and being focused on the right things going into the third."

New York leads the series 3-2. THE ASSOCIATED PRESS

MacKinnon playing like anything but a rookie



Sometimes, it's hard for the Colorado Avalanche to remember that Nathan MacKinnon is just 18 years old and only a

Because he keeps coming through in big moments.

The speedy MacKinnon scored 3:27 into overtime after P.A. Parenteau tied the game late in regulation, helping the Avalanche rally for a 4-3 win over the Minnesota Wild on Saturday night and take a 3-2 lead in the first-round series.

"The kid's special," Parenteau said. "I know it's cliché to say, but it's pretty impressive to see.... This is the kid we want on our side."

MacKinnon, of Cole Harbour, is having quite the series, with two goals and eight assists.

Surprised at the poise of his No. 1 pick?

"We knew when we drafted him what kind of player we were drafting," Avalanche coach Patrick Roy said as the series switches back to Minnesota for Game 6 on Monday. "He had a solid game."

A memorable one, too. After all, it's not every day a rookie

League leader

10

Nathan MacKinnon has the most playoff points thus far, recording 10 points on two goals and eights assists.

scores an OT winner in the playoffs.

MacKinnon corralled the puck and poked it past Darcy Kuemper's glove with two defenders near him. Soon after, MacKinnon was mobbed by eammates.

He deflected the credit, though, saying it should go to Paul Stastny or Gabriel Landeskog for their roles on the play.

"Paulie forced the puck down in their end, Landy got it on the half-wall and I was screaming for it," MacKinnon said. "Definitely a good play by

MacKinnon's time in the spotlight was made possible by Parenteau, who scored with 1:14 left after Roy pulled goaltender Semyon Varlamov.

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metronews.ca
Monday, April 28, 2014

SPORTS 21

Raptors grind out split in Brooklyn

NBA playoffs. Despite faltering after hotshooting start, young Toronto club leaves N.Y.C. tied 2-2 in series

DeMar DeRozan scored 24 points as the beaten-up Toronto Raptors tied their playoff series with the Brooklyn Nets with a 87-79 victory Sunday.

The victory was the Raptors' first playoff win on the road since a win over Philadelphia way back in 2001.

A hobbling Kyle Lowry added 22 points, while Amir Johnson finished with 17. Patrick Patterson and Greivis Vasquez finished with nine points apiece, and Patterson grabbed a team-high nine rebounds.

The best-of-seven Eastern Conference playoff series heads to Toronto tied at two wins apiece. Game 5 is Wednesday at the Air Canada Centre.

Paul Pierce led the Nets with 22 points, while Mirza Teletovic had 12. Kevin Garnett and Deron Williams finished with 10 points apiece.

The Raptors scored 35 points in the first quarter and led by as much as 17 points —

Close enough for va?

678-677

Prior to Sunday, Toronto had outscored the Nets 678-677 in their seven meetings this season Game 4



79

Raptors

Nets

the biggest lead by either team in this series — in what was a dogfight of a game.

But Toronto started to come apart in the second quarter — they ran into foul trouble and couldn't hit shots, and scored a combined 32 points in the second and third quarters.

Still, the nailbiter went into the fourth all tied up 67-67. The Nets took a four-point lead but consecutive baskets by Valanciunas — including a hook shot over future Hall of Famer Garnett — then a three-pointer by Vasquez had the Raptors up by four points with 4:07 to play.

The Nets wouldn't threaten again, and when the final whistle blew the Raptors fans in attendance at Barclays Center stood and applauded the Toronto players off the floor.

The Nets won Games 1 and 3, in what's been an incredibly even matchup all season between these two teams.

Lowry, who came away from Friday's game with a bad right knee and a busted lip, was noticeably limping at times, but coach Dwane Casey had said pre-game: "He's one of the toughest guys I've been around as a guard as far as fighting through things"

THE CANADIAN PRESS



NBA playoffs

Clippers stand together against owner Sterling

The Los Angeles Clippers made a silent protest against owner Donald Sterling before Game 4 of their Western Conference playoff series against Golden State. The Warriors made a different kind of statement during the game.

And just like that, a series pulled into a race-related scandal took another twist.

Stephen Curry made a career playoff-high seven three-pointers and scored 33 points, leading the Warriors past the Clippers 118-97 on Sunday to even their first-round series at two games apiece.

The game almost became an afterthought — until tipoff anyway — after an audio recording was posted Saturday online by TMZ purportedly of Sterling making comments urging a woman to not bring black people to his team's games. The alleged comments, which are under investigation by the NBA, have set off reactions of anger and calls for action through the league.

THE ASSOCIATED PRESS

Jordan speaks up



"As an owner, I'm obviously disgusted that a fellow team owner could hold such sickening and offensive views."

Charlotte Bobcats owner Michael Jordan

NBA playoffs. No Nene, no problem as Wiz top Bulls

Even with the team's "X-factor" suspended, the Washington Wizards had a No. 42 sitting next to the bench. The 57-year-old with greying hair couldn't box out or grab a rebound, but owner Ted Leonsis waved his red towel and egged on a cheering crowd that chanted "Free Nene!"

The Wizards did just fine without the suspended Brazilian forward. They scored the first 14 points and beat the Chicago Bulls 98-89 on Sunday to take a 3-1 lead in the series.

Nene or not, the Wizards did what they've done all series: Take a lead and force the Bulls to use up energy trying to catch up. THE ASSOCIATED PRESS



Jays ace pitches team back onto winning track



R.A. Dickey, his knuckleball moving like the noggin on his bobblehead giveaway, gave the Toronto Blue Jays a sorely needed quality start Sunday.

And the rest of the team also stepped up, with Brett Lawrie and Edwin Encarnacion combining to drive in four runs in a 7-1 victory over the Boston Red Sox.

Toronto (12-13) leaves for an eight-game road trip, which starts Tuesday in Kansas City, having washed away the taste of a sour four-game losing streak at home. The Jays, who had given up 36 runs on 47 hits and 22 walks during the four-game slide, badly needed a change of direction. Dickey said a talk by manager John Gibons after Saturday's 7-6 loss, when a Jays comeback fell just short, had done the trick.

"He was just so encouraging," said Dickey, who got the win on his first major-league bobblehead giveaway day. "I think everybody left the clubhouse feeling at ease about who we are as a team. So we just needed to come

out today and be ourselves. And we were able to do that.

"We fought hard. Guys were getting dirty, diving for balls, taking the extra base. I was able to throw strikes and we had a great team win today."

Dickey (2-3) scattered five hits over 6 1/3 innings, giving up one run and striking out six.

He threw 95 pitches, including 62 strikes, and didn't issue a walk for the first time since October 2012.

THE CANADIAN PRESS

Dominicans make history

On a weekend where racism in sports made headlines thanks to Los Angeles Clippers owner Donald Sterling, the Blue Jays made Major League Baseball history with a record six Dominicans in the starting lineup: Edwin Encarnacion, Jose Reyes, Melky Cabrera, Jose Bautista, Juan Francisco and Moises Sierra.

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15

18

28

55

37 38

See today's answers at metronews.ca/answers. BY KELLY ANN BUCHANAN

↑ Aries March 21 - April 20

Don't worry if your finances have not been too healthy of late because you will find ways to replace what you

Taurus April 21 - May 21

have lost or spent.

Throw caution to the wind and let the universe decide whether you are going to win or lose. With a solar eclipse coming up in your sign you will almost certainly be a winner.

II Gemini May 22 - June 21

Mercury, your ruler, may be moving through the most shy and retiring area of your chart but if past experience is anything to go by that will merely encourage you to redouble your efforts to put on a show.

9 Cancer

June 22 - July 23

Keep things simple over the next 24 hours and you won't go wrong. You know what it is that you want, you know where it is you can find it and there is nothing anyone can do to deny you.

Ω Leo July 24 - Aug. 23

Put yourself forward and show what you can do. Employers and others in positions of power are looking for people who are decisive. And that's you.

W Virgo Aug. 24 - Sept. 23

You may not be entirely convinced that what you are about to do is going to succeed but you have promised others that you will try. Don't let them down!

📤 Libra

Sept. 24 - Oct. 23

According to the planets you are carrying too much emotional baggage. Once you have confronted your fears you may realize there was little to worry about in the first place.

M Scorpio

Oct. 24 - Nov. 22

Someone who is aggressive for no good reason is likely to bring out the worst in you today. No doubt they have not experienced a Scorpio's sting before but it's unlikely they will forget it.

プ Sagittarius Nov. 23 - Dec. 21

Because you like to be independent you may not enjoy what takes place over the next 24 hours. You may have to fight for your right to set your own agenda and come and go as you please.

り Capricorn

Dec. 22 - Jan. 20

You are full of energy thanks to the approaching eclipse and it's important that you channel it in constructive directions. Don't waste your time on projects that are not challenging enough.

≫ Aquarius Jan. 21 - Feb. 19

The task you are faced with today may seem daunting but if you attack it in the right way there is no doubt at all you will make a success of it.

H Pisces

Feb. 20 - March 20

Anyone who thinks you lack the spirit of adventure will have to think again as cosmic activity in the most outgoing area of your chart inspires you to try so many new things. SALLY BROMPTON

Crossword: Canada Across and Down

13

16

Across

- 1. Jean-Claude Van 6. British actor Idris 10. Min. bit
- 13. "Congratulations order!"
- 14. Particular primary pigment 15. Glide
- 16. "No Sugar Tonight/ The Guess Who
- 19. "Put Your Hand in the Hand" land, 1971 hit for Canadian band Ocean 20. 1987 Steve Mar-
- tin/Daryl Hannah comedy filmed in Nelson, BC
- 21. Nero's 1052 23. Flight-leaving info
- 24. F1's PC neighbour
- 27. Leading by a point, as 5 to 4: 2 wds.
- 28. Ms. Winger
- 31. Gymnast, e.g. 32. Permafrost-y ex-
- 34. Big cat 35. One trying to lo-
- 37. Gwyneth Paltrow's mother Ms.
- boss, colloquially rine" (1968) tune: "It's ___ Much 44. 'Jacob' suffix Much"

- 35 39 45
- 62
- panse in The Arctic
- cate a missing parcel
- Danner 39. Apartment bldg. 40. "Yellow Subma-
- 45. Stephen Canadian star of "Arrow" 47. Droplet-looking throat part

52

51

65

48. Puget, e.g. 49. The Lion 50. Small 51. "Trailer Park Boys"

character

54. Sequester 60. Beetle that is a threat to the type of tree in its name: 3 wds.

53

63

50

- 62. Manly 63. Ms. Russell
- 64. Cake topper 65. Couture monogram

66. Beatles title lady 67. Herring-like fishies

Down 1. "Shoot!"

54

- 2. Scope 3. Whimper
- on the Beach' by Jane Siberry

5. Organic compound

6. Level of command 7. Cleaning chemical 8. Australia: Great

48

- Reef 9. Year, fancy-style 10. Catchy interview
- quotes: 2 wds. 11. Get paid 12. First Nation of

Manitoba

- 15. Distinguished
- 17. Deep-fried battered vegetables of
- Japanese cuisine 18. Cut
- 22. Not-reliant-on,
- briefly
- 24. ___ hole in (Corrodes)
- 25. Guitarist's move 26. 'Music' provider
- when wedding rice is thrown: 2 wds. 27. Driver's 4x4,
- commonly 29. J.R.R. Tolkien:
- Grassy area in Middle-Earth
- 30. A means to 33. Eradicate
- 36. Cause (Attention-grabbing controversy)
- 38. Hawaii's Mauna
- 41. Town in southern Saskatchewan
- 42. Gladiator's 56 43. Northern Africa
- country
- 46. Kinks hit
- Baby" by The Ronettes
- 52. Ms. Thurman's
- 53. Betty's role on
- "Hot in Cleveland" 55. Some sashes
- 56. Ness Monster's place
- 57. Opera solo
- 58. Oversee
- 59. Work units
- 61. Prince Valiant's son



involved.

36

49

How to play Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math

2	3	7	4	1	6	5	9	8
4	6	5	8	3	9	2	1	7
1	8	9	7	5	2	4	3	6
7	9	1	6	2	3	8	4	5
8	2	3	5	9	4	6	7	1
5	4	6	1	8	7	9	2	3
3	5	8	9	-4	1	7	6	2
6	1	4	2	7	5	3	8	9
9	7	2	3	6	8	1	5	4

9	8					6		5
	2	3	5				8	9
6			9	2			1	
			3		9	4	7	
		8		4		1		
	4	2	7		6			
	3			7	2			1
2	1				3	8	5	
8		9					4	3

Today



Tuesday



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